Slow Cooker Chicken Tortilla Soup

Makes 12 servings. Each serving has 110 calories, 1 gram (g) fat, 8 g protein, 15 g carbohydrate, 4 g fiber and 620 mg sodium.

Cook time: 2 hours high or 4 hours low

Freezer-friendly
Meal-prep friendly

DIRECTIONS:

Add first five ingredients to slow cooker.
Add salsa and green chilis.
Add garlic, pepper and taco seasoning packet.
Add water and broth.
Stir to combine.
Set timer. 2 hours on high or 4 hours on low.

INGREDIENTS:
1 large onion, diced
1 (12.5 oz.) can chicken breast or 2-3 boneless chicken breasts
1 (15 oz.) can stewed or diced tomatoes
1 (15 oz.) can black beans, drained and rinsed
1 can (15.25 oz.) corn, drained and rinsed
1 (16 oz.) jar medium salsa
1 (8 oz.) can chopped green chilies
2 tsp. minced garlic
1/4 tsp. black pepper
1 pkt. taco seasoning
2 c. water
2 c. unsalted chicken broth

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